

# All About Exercise

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## Benefits of Exercise



Decreases Risk for Disease



Increases Bone Density



Reduces Fall Risk



Improves Balance



Enhances Daily Living Activities

**Remember, some movement is better than none at all!**

### How much exercise do I need?

Every week, adults aged 65+ years need :

- Aerobic Activities - 150 mins or 30mins/day of Moderate-Intensity OR 75 mins or 15 mins/day of Vigorous-Intensity
- Muscle Strengthening - 2 days
- Balance Activities - 3 days

### What Activities Count As Exercise?

#### *Aerobic Activities*

- Walking or Jogging
- Biking
- Swimming
- Yard Work

#### *Muscle Strengthening*

- Lifting weights
- Heavy Gardening (Digging & Lifting)
- Push-ups / Sit-ups

#### *Balance Activities*

- Yoga
- Tai chi
- Walking backward
- Stand on one leg

Helpful link: [tinyurl.com/CDC-PhysA](https://tinyurl.com/CDC-PhysA)



## Exercise Safety



### Start off slow and easy.

Try the easiest forms of exercise first - then build up your routine. This can help prevent injuries.

### Talk to your Doctor

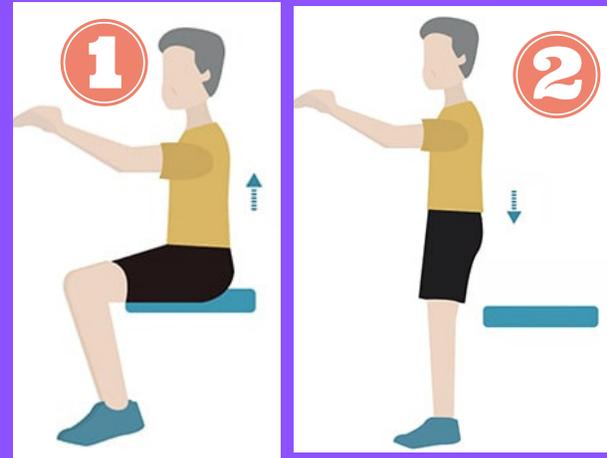
With your Doctor and/or Physical/Occupational Therapists, discuss what exercises are *safe* and appropriate for your level of strength and flexibility.

# Chair-Bound? Then try Chair Exercises! To Strengthen Muscles & Improve Balance

## Chair Squat

2 sets of 7

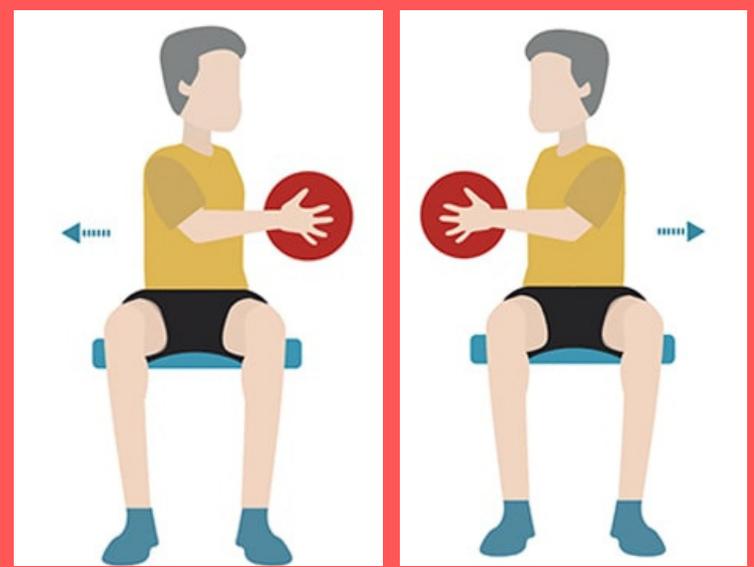
1. Start by sitting in the chair. Squeeze core w/ toes pointed forward.
  2. Slowly stand up using your leg muscles & hips, not the knees.
  3. Sit back down and return to starting position.
- TIP!** Squeeze those buttocks for more tone!  
**Want a challenge?** Hold something heavy, like a medicine ball!



## Tummy Twist

2 sets of 10 reps

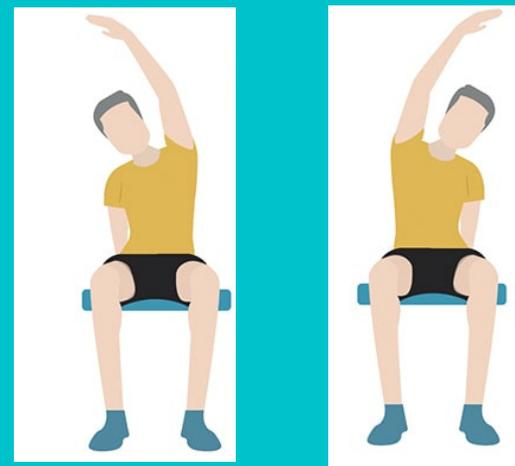
1. Grab a medicine ball or similar, weighted object.
2. Sit toward the edge of the chair seat. Squeeze your core. Hold the medicine ball in front of the body with elbows bent.
3. Lift the ball off the lap keeping it in front of your body, then rotate the upper body to the right, to the middle, then to the left.
4. Each "rep" is one full rotation.



## Seated Side Stretch

2 sets of 20 seconds

1. Sit comfortably at the edge of the chair, with both feet flat on the floor. Secure the core by keeping the back upright and the spine straight.
2. With the right hand, grip the right side of the seat to stabilize.
3. Extend the left hand above the head making a lengthened "C" shape. Simultaneously, slowly shift the upper torso to the right side without collapsing the abdomen (keep it tight).
4. Hold for 10-20 seconds then shift sides.



Looking for more chair exercises? Try this link: [tinyurl.com/CM-ChairExercise](https://tinyurl.com/CM-ChairExercise)

Seeking help on understanding exercise and your physical activity needs? Reach out for Nutrition Education and Counseling by OFA Nutritionist Lucille Tang, (585)-991-5462